



The WILLOWS  
PREMIER RETIREMENT COMMUNITIES  
FOR ACTIVE ADULTS



**FOR IMMEDIATE RELEASE**

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**For more information, contact:**

Brandi Towns, SALMON Health and Retirement  
913-754-2384, btowns@SALMONHealthAndRetirement.com

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**THE WILLOWS AT WORCESTER HAS 'APPETITE'  
FOR LOCAL PRODUCE**

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*Staff, Residents Recognize Origin, Quality of Food Fit Hand-in-Hand*

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WORCESTER, Mass.: Chances are that unless the produce was grown in their backyard gardens, few people give much thought to how some food arrives at their tables. Staff and residents at The Willows at Worcester believe the food's origin is just as important as its quality. That's why daily menus at SALMON Health and Retirement's newest community for adults age 55 and better feature a wide variety of produce from Worcester area farmers, including Harvey's Farm in Westborough, Bilzerian Farm in Northborough and Soojians Farm in Leicester.

According to Kevin Reed, Director of Restaurant and Catering Services for The Willows, he and his team take pride in finding, preparing and serving the freshest in-season local produce at the community's two on-site restaurants, *Cascades* fine dining and *The Bistro*. From native fruits and vegetables such as corn-on-the-cob, tomatoes, summer squash, cucumbers, lettuce, zucchinis, strawberries, raspberries, blueberries and blackberries, Reed creatively refines The Willows' daily menus around what's available, what's fresh and what's requested by residents.

"We've found buying locally grown food to be a huge win for everyone. Not only are we getting fresher, better-tasting food, but we're supporting local growers and reducing costs at the same time," said Reed. "Our residents truly appreciate how fresh the food is at The Willows, and have given overwhelming praise on our menus."

Reed has set up a food committee in which residents meet with him and his team at least once a month to discuss their favorite dishes and give opinions about their dining experience. In addition, every table in *Cascades* and *The Bistro* has a comment card on which residents can offer their feedback or request specific dishes.

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According to Reed, some of the residents' summertime favorites are grilled mixed vegetables, fresh marinated cucumber salad, grilled striped bass and assorted berry parfait. Dishes such as these are featured nightly, seven days per week at The Willows.

"And, of course, there's plenty of locally grown food as part of our Sunday brunch," said Reed. "Many of our diners invite guests to join them for brunch at The Willows on Sundays. It's been a huge hit among residents and their friends and family."

The Willows at Worcester, located on a 21-acre campus at 101 Barry Road, near Salisbury Street, is a community for people 55 or better, and offers private independent living apartment homes and cottages, with a variety of customization choices so residents' homes can reflect their personal style and taste. For more information about The Willows at Worcester, call (508) 755-0088 or visit [www.TheWillowsAtWorcester.com](http://www.TheWillowsAtWorcester.com). The Willows is part of SALMON Health and Retirement, a third-generation, family-owned-and-operated organization, which has earned the trust and confidence of families across New England since 1952.

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**Editor's Note:** Summertime is when fresh, local produce adds crispness to the flavor of many dishes. You're invited to try the fresh local produce at The Willows for yourself, or below you'll find a favorite recipe from The Willows' menu that we invite you to share with your readers. For coverage or to make reservations at The Willows, call Brandi Towns at (913) 754-2384 or email [btowns@SALMONHealthAndRetirement.com](mailto:btowns@SALMONHealthAndRetirement.com).

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## Heirloom Tomato Salad

*(Serves four to six people)*

### Ingredients

1 pound heirloom tomatoes\*  
3 sliced scallions  
1 clove minced garlic  
1 tsp. sea salt  
Juice from 1 lemon  
Dash of white pepper to taste  
3 tbsp. extra virgin olive oil

### Directions

Dice tomatoes in size of your choice. Mix all other ingredients together in mixing bowl. Gently add and blend in diced tomatoes. Let marinate and refrigerate at least an hour before serving.

*\*For a different flavor, you can use fresh cucumbers or squash instead of tomatoes.*